



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01285, Yogurt, Greek, strawberry, nonfat

Report Date: July 05, 2017 00:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	79.13	16	0.202	77.7	80.1	6.0	78.64	79.627	1	Analytical or derived from analytical	--	05/2015
Energy	kcal	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Energy	kJ	342	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Protein ¹	g	8.05	16	0.057	7.66	8.36	8.0	7.917	8.183	1	Analytical or derived from analytical	--	05/2015
Total lipid (fat) ¹	g	0.15	16	0.014	0.07	0.3	8.0	0.122	0.186	1	Analytical or derived from analytical	--	05/2015
Ash ¹	g	0.59	16	0.015	0.53	0.71	6.0	0.559	0.631	1	Analytical or derived from analytical	--	05/2015
Carbohydrate, by difference	g	12.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fiber, total dietary ¹	g	0.6	2	--	0.4	0.7	--	--	--	1	Analytical or derived from analytical	--	05/2015
Sugars, total ¹	g	11.27	10	0.111	10.45	11.94	3.0	10.873	11.667	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	5.41	10	0.098	3.86	6.86	5.0	5.156	5.674	1	Analytical or derived from analytical	--	05/2015
Glucose (dextrose) 1	g	0.65	10	0.050	0.18	2.13	7.0	0.528	0.768	1	Analytical or derived from analytical	--	05/2015
Fructose 1	g	2.19	10	0.029	0.73	4.51	5.0	2.116	2.269	1	Analytical or derived from analytical	--	05/2015
Lactose 1	g	2.47	10	0.026	2.3	2.59	3.0	2.383	2.551	1	Analytical or derived from analytical	--	05/2015
Maltose 1	g	0.00	10	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Galactose 1	g	0.55	10	0.008	0.39	0.58	4.0	0.522	0.572	1	Analytical or derived from analytical	--	05/2015
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Minerals													
Calcium, Ca 1	mg	97	16	0.626	92	103	13.0	95.582	98.297	1	Analytical or derived from analytical	--	05/2015
Iron, Fe 1	mg	0.09	16	0.010	0.05	0.18	6.0	0.065	0.116	1	Analytical or derived from analytical	--	05/2015
Magnesium, Mg 1	mg	10	16	0.092	10	11	11.0	10.193	10.6	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	113	16	0.750	109	118	10.0	110.985	114.319	1	Analytical or derived from analytical	--	05/2015
Potassium, K 1	mg	132	16	1.037	121	151	10.0	130.002	134.601	1	Analytical or derived from analytical	--	05/2015
Sodium, Na 1	mg	33	16	0.533	30	37	7.0	31.248	33.756	1	Analytical or derived from analytical	--	05/2015
Zinc, Zn 1	mg	0.45	16	0.004	0.43	0.52	10.0	0.441	0.457	1	Analytical or derived from analytical	--	05/2015
Copper, Cu 1	mg	0.019	16	0.000	0.01	0.03	11.0	0.018	0.02	1	Analytical or derived from analytical	--	05/2015
Manganese, Mn 1	mg	0.033	16	0.001	0.03	0.04	6.0	0.03	0.035	1	Analytical or derived from analytical	--	05/2015
Selenium, Se 1	µg	9.4	10	0.085	8.8	12.1	4.0	9.216	9.677	1	Analytical or derived from analytical	--	05/2015
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.3	2	--	0.2	0.3	--	--	--	1	Analytical or derived from analytical	--	05/2015
Thiamin	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Riboflavin 1	mg	0.253	10	0.019	0.17	0.34	4.0	0.196	0.31	1	Analytical or derived from analytical	--	05/2015

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Niacin 1	mg	0.213	10	0.004	0.18	0.23	4.0	0.202	0.225	1	Analytical or derived from analytical	--	05/2015
Pantothenic acid 1	mg	0.358	6	0.008	0.32	0.39	1.0	0.282	0.434	1	Analytical or derived from analytical	--	05/2015
Vitamin B-6 1	mg	0.050	10	0.001	0.05	0.05	4.0	0.047	0.054	1	Analytical or derived from analytical	--	05/2015
Folate, total 1	μg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Folate, food	μg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Folate, DFE	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Choline, total 2	mg	14.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin B-12 1	μg	0.49	7	0.042	0.25	0.62	1.0	0.122	0.863	1	Analytical or derived from analytical	--	05/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Retinol	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Carotene, alpha 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Cryptoxanthin, beta 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin A, IU	IU	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Lutein + zeaxanthin 1	µg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Vitamin D (D2 + D3)	µg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin D2 (ergocalciferol) 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin D3 (cholecalciferol) 1	µg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D ¹	IU	40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Lipids													
Fatty acids, total saturated	g	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
4:0 ¹	g	0.007	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
6:0 ¹	g	0.001	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
8:0 ¹	g	0.003	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
10:0 ¹	g	0.017	3	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	05/2015
12:0 ¹	g	0.006	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
14:0 ¹	g	0.010	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
15:0 ¹	g	0.003	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
16:0 ¹	g	0.038	3	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 1	g	0.002	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:0 1	g	0.017	3	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
24:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Fatty acids, total monounsaturated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
14:1 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
15:1 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
16:1 undifferentiated 1	g	0.001	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
16:1 c 1	g	0.001	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
17:1 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:1 undifferentiated ¹	g	0.025	3	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:1 c ¹	g	0.024	3	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:1 t ¹	g	0.001	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:1 ¹	g	0.001	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:1 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:1 c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:1 t ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
24:1 c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
18:2 undifferentiated ¹	g	0.010	3	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:2 n-6 c,c ¹	g	0.010	3	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:2 CLAs ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:2 t not further defined ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3 undifferentiated ¹	g	0.003	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.003	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3 n-6 c,c,c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3i ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:4 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:3 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:3 n-6 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:4 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:5 n-3 (EPA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:4 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:5 n-3 (DPA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:6 n-3 (DHA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Fatty acids, total trans	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fatty acids, total trans-monoenoic	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Cholesterol ¹	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Threonine	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Isoleucine	g	0.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Leucine	g	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Lysine	g	0.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Methionine	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Cystine	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Phenylalanine	g	0.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Tyrosine	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Valine	g	0.362	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Histidine	g	0.108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Alanine	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Aspartic acid	g	0.347	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Glutamic acid	g	0.856	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Glycine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Proline	g	0.518	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Serine	g	0.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

